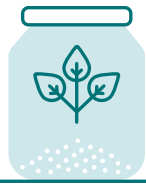
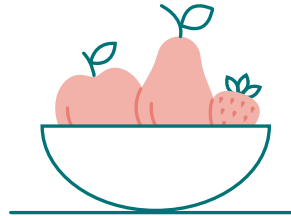


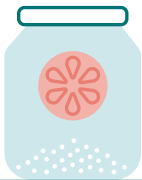
Natural Sugar Substitutes



ERYTHRITOL



FRUIT



MONK FRUIT



STEVIA



XYLITOL

Conversion Chart

SUGAR	1 CUP	½ CUP	1 TBSP
ERYTHRITOL	1 ⅓ cup	⅔ cup	1 tbsp + 1 tsp
FRUIT	¾ cup of concentrate; whole fruits to taste	6 tbsp of concentrate, whole fruits to taste	Whole fruits to taste
MONK FRUIT SWEETENER	⅓ cup	2 tbsp + 2 tsp	1 dash
STEVIA	1 tsp	½ tsp	1 dash
XYLITOL	1 cup	½ cup	1 tbsp